

WHAT IS CLAIMED IS:

1. An adjustable stroke exercise machine, comprising:
a base;

an adjustable length crank mounted on the base and
rotatable relative thereto about a crank axis;

a foot supporting linkage assembly, including at least
a foot supporting link, wherein the assembly is movably
interconnected between the crank and the frame, and a point of
interconnection between the linkage assembly and the crank
defines a pivot axis, and the pivot axis and the crank axis
define an effective crank radius therebetween; and

an adjusting means for adjusting the effective crank
radius through a continuous range of lengths.

2. An adjustable stroke exercise apparatus which simulates
striding motions, comprising:

a frame designed to rest upon a floor surface;

a right side, adjustable length crank mounted on the
frame and rotatable relative thereto about a crank axis;

a right side, foot supporting linkage assembly movably
interconnected between the right side crank and the frame,
wherein a point of interconnection between the right side linkage
assembly and the right side crank defines a right side pivot
axis, and the right side pivot axis and the crank axis define an
effective right side crank radius therebetween;

a left side, adjustable length crank mounted on the
frame and rotatable relative thereto about the crank axis;

a left side, foot supporting linkage assembly movably interconnected between the left side crank and the frame, wherein a point of interconnection between the left side linkage assembly and the left side crank defines a left side pivot axis, and the
5 left side pivot axis and the crank axis define an effective left side crank radius therebetween; and

an adjusting means, connected to the right side crank and the left side crank, for contemporaneously adjusting the right side crank radius and the left side crank radius.